



## The Strongpoint Scoop

April 2015

ELITE FITNESS IS OUR GOAL.

IN THIS ISSUE

## April Training Highlights

by Ryan Miller

The 2015 CrossFit Open was largely the focus of effort throughout the month of March. We completed workouts 15.2 – 15.5 with Jason Doll coming out on top for the Strongpoint men followed by Matt Thurber and Danny Shields. Heather Harrelson finished first among Strongpoint women and was followed by Laura Davie and Amanda Larson, who tied for second, and Caitlin Hoover in third place. Programming definitely took a turn for the difficult during this year's Open with the implementation of a "Scaled" option for Open workouts. We saw a max lift in Workout 15.1A, Workout 15.3 start with Muscle Ups, and the inclusion of Handstand Pushups for the first time in Workout 15.4. We had a number of personal records go down during this year's Open and the gym performed very well overall. I think many of us realized some holes in our game and hopefully that drives everyone to work a little harder on their weaknesses in the coming year.

We began the implementation of our CrossFit Kids program in March with eight separate sessions the during week of March 16<sup>th</sup>-21<sup>st</sup>. These events were free to our members' kids and gave our coaches, Liz and Michelle, an opportunity to feel the program out with a small audience. We will be doing some additional free events in the coming months and then plan to implement a full-time CrossFit Kids program during the summer when the kids are out of school. Be sure to head over to our [Facebook page](#) and "like" it for information on coming events.

We completed our third full month of the Sweat Angels program with a total of 229 check-ins throughout March. Each check-in helped to help rescue animals from "kill" shelters. We're taking a turn back toward the kids in April with funds from check-ins going to support one-minute of therapy for children with Autism. Be sure to check in whenever you come to class. Every check in helps!

Strongpoint had a total of seven members complete the March Challenge of 2,000 double unders. Congratulations to Chris B., Mr. Steve, Candice (our April Spotlight Athlete!), Liz G, Michelle P., and Angie for putting in the work and getting all 2,000. Your April challenge, should you choose to accept it, is to accumulate 3,000 points *anywhichway* with Air Squats counting for 1 point, Wall Ball shots for 2, Pistols and Weighted Squats (Barbell, Goblet Squats, etc.) for 3. Enjoy!

Coach Angie Hicks and I completed the Crossover Symmetry Shoulder Foundations Course at CrossFit Jax on March 7<sup>th</sup>. The class focused on shoulder anatomy, exercise practical application, and provided us with clear insight on implementation into our program. Strongpoint hosted the first ever Dragon Door Hardstyle Kettlebell Instructor Certification in Jacksonville when we were visited by my friend and Senior Russian Kettlebell Certified instructor Mike Krivka. The HKC is Dragon Door's entry-level kettlebell certification and while not quite a pre-requisite, is really designed to set potential instructors up for success in the three-day Russian Kettlebell Certification (RKC). We will likely get Mike back into town sometime in 2016 for another seminar. Angie and I will be presenting a free seminar to members on Saturday, **April 4<sup>th</sup>** that will cover topics from both seminars focused on increasing the strength, mobility, and stability of the shoulder girdle.

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We also made two significant improvements to the Strongpoint program in March. The first was with the purchase of the InBody 230, a highly accurate, professional-grade body composition measurement system. The test includes a detailed report that breaks down water weight, lean body mass, body fat mass, and even provides a schematic of where exactly you are carrying your body weight with comparisons to averages. The InBody system gives us a phenomenal ability to not only measure our weight and composition, but to tell exactly what type of weight and where are gaining or losing from. Similar tests at other fitness and weight loss facilities in town run as high as \$40-\$50. We are introducing the system in the month of April with \$15 composition measurements for our members and you can [contact me](#) to set an appointment for your evaluation.

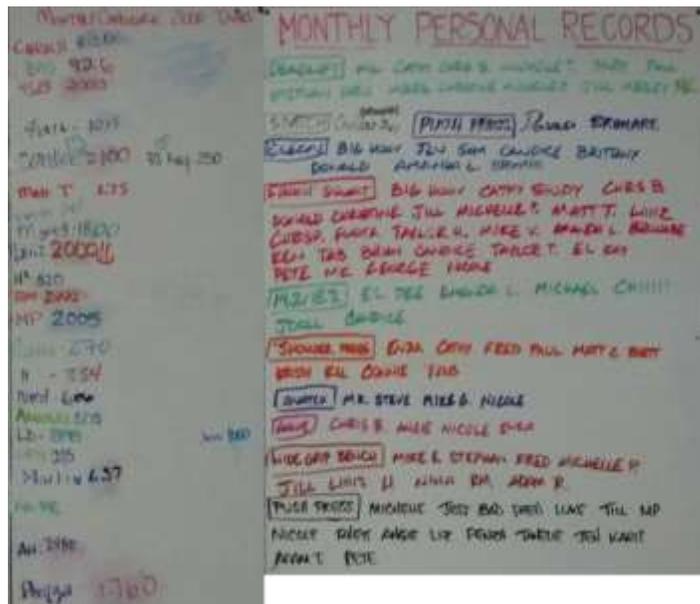
I am really excited to announce that we also took a big step and aligned the gym with the [Take Down Challenge](#) and [Take Down Lifestyle](#) in March. Inability to provide specific nutrition advice has been a significant gap in the program for a long time. While the coaching staff can provide some general guidance, professional guidelines restrict us from prescribing specific menus, shopping lists, portion sizes, etc. Our relationship with the TDC and TDL provides us with an outside nutritionist who can do all those things and more! Additionally, this is not restricted to Strongpoint members only. Feel free to refer in friends, family members, and co-workers who have struggled to lose weight and/or manage their diet on their own. CrossFit is not required with this program, although results are obviously better with resistance training and conditioning. Average weight loss on the TDC is 12-24 pounds and each participant receives a high-quality, personalized binder, email support, and weekly meetings with a coach to keep them on track throughout the challenge. We will more than likely limit this first TDC to 30 participants and will be releasing additional information in the coming weeks before we launch on **May 15<sup>th</sup>**. We will then turn toward implementing the TDL portion of the program, which includes many of the same benefits of TDC without a specific, defined period or competitive aspect. TDL will give us the ability to do many of the same things on demand. And finally, the third portion of the program is Take Down "On the Go," which will enable us to take the TDC into a business or other organization for a small, private challenge of their own.

We welcomed aboard several new members in March including Adam R., Shanese, Kaylee, Beth P., Andrew L., Chris J., and John B. We also welcomed back two former long-term members, Beth H. and Brian D. Unfortunately we must also bid farewell to two long-term members as Matt "Big Hoov" Hoover and Chi Kwong depart Jacksonville this month for job opportunities elsewhere. They will both be missed.

There are two significant competitions on the horizon in April with [Sweatfest III](#) at CrossFit Ferrum on **April 11<sup>th</sup>** and [Festivus Games](#) at Strongpoint on **April 18<sup>th</sup>**. Other coming events include [Tuff Stuff](#) at CrossFit Divine and the CrossFit Gymnastics Certification on **May 9<sup>th</sup>**, the Southeast/Mid-Atlantic Regional **May 15-17<sup>th</sup>**, Take Down Challenge **May 15<sup>th</sup>**, and then [Rep Your Box 4](#) **June 20-21<sup>st</sup>**.

March was a great month for Strongpoint and we'll take a turn away from Open specific training and programming in

preparation for other coming events. Now let's train hard, train safe, and get better in April!  
-rm



## Spotlight Athlete: April 2015

by Candice Petty

**What made you decide to start CrossFit?** After my divorce a few years ago I decided that exercise videos in my living room may not be my best option anymore. So, I hopped on Living Social to see what adventure I could find. When I saw the ad for Strongpoint CrossFit, it terrified me. It obviously stuck with me because a week later, after the deal had expired, I was talking about it with a lady named Susan who I was showing fabric to. She said, "You should totally do it." You should call them and I bet they would still honor the Living Social deal. It's funny how an encouraging word from an almost stranger could have such a huge impact on my life.

**What results have you seen or goals have you achieved?** Tons. I had never even done a push up when I started. This year I have really been getting stronger and I have been very proud of my numbers... 180# back squat, 215# deadlift. I even got my first unassisted pull up during the open and managed to squeak out 9 of them.

**What do you like best about the gym?** The People! We are pretty much all amazing, right? There is an awesome sense of community in our gym.

**What is your favorite exercise or WOD?** Um, wall balls of course! You get to throw a ball at a target and catch it, while also squatting. What more do you want? Slam balls are my 2<sup>nd</sup> favorite.

**What is your least favorite exercise or WOD?** The ones with pull-ups because I am terrible at them and still have to use a sissy girl band.

**What motivates you to show up day after day?** So many things. I love getting to the gym and seeing everyone's cute faces. I love doing challenging workouts with my friends. And I pretty much like getting better at stuff.

**What negative thoughts hold you back from being your best?** During a workout, I am always aware of everyone around me and where they are in the workout. I'm basically a ninja. When I am working at a similar pace as someone I will tell myself that they are better than me and they should finish before me and that makes me slow down. It's weird - I'm not sure which category of mental dysfunction that falls under. I've only recently become more aware of it and I'm trying to quit.

**What has been your most memorable moment at Strongpoint CrossFit?** A few weeks ago, during a partner WOD on a Saturday, the last movement was 6, 95# Thrusters. Ryan Miller, Laura Davie and MK were cheering me on and proud of me for doing them unbroken. It felt really awesome!

**What has been your least favorite moment at Strongpoint CrossFit?** Hmmm... probably when I wore a cute outfit on burpee day.

**What's one thing that no one at the gym knows about you?** I am an introvert and I really value alone time.

**What is your favorite quote from Strongpoint CrossFit?** Pretty much anything Amanda Larson says during mobility.

**What do you want to accomplish with your training in the next year?** I would like to be able to string together toes to bar and pull ups. I am interested in continuing to learn more about nutrition and the impact that has on my conditioning. Overall, to improve.



**What advice would you give to someone who just started out?** Congratulations,

you have just discovered the key to a healthier life! Embrace it, enjoy it! You can do anything you put your mind to... just be careful to have proper form. J

**What advice would give to someone who was on the fence about starting?** Being on a fence is neither productive nor fun. CrossFit is both productive and fun! It's your nickel. Spend it wisely.

**Coach's Comments:** Candice has been with us for a very long time... the Living Social Deal she referred to was our first time working with Living Social in 2012 when we were still in the much fabled "old gym" down the street. I still remember her sitting in the car for about 15 minutes waiting to come into the building and how nervous she was for that first session! While her schedule did not really allow her to get into the gym very much during her first two years with us, she has found more time to train and has been consistently attending 2-3 times a week for the past six months. Perhaps most profound about her story is that nearly one year ago today, Candice was diagnosed with Rhabdomyolysis, a condition that her and I wrote about in the [May, 2014 Strongpoint Scoop](#). Rather than chocking up CrossFit as a loss, Candice addressed her nutrition, was more careful about scaling, became more consistent, and has come back better and stronger than ever! She has made some dramatic improvements during the past year as she has increased her time in the gym and now regularly trains at other gyms when she is on the road. Candice just finished the CrossFit Open and is planning to participate in some more competitions in the coming year. Additionally, she is simply one of the nicest people I have ever met and has become a big part of the community. Candice was an easy choice for our April spotlight athlete and I could not be more proud of the progress she has made. We're looking forward to seeing what she can do with another year of consistent training!



## Improving Gymnastics with the Cube Method

by Ryan Miller

I hear it in classes all the time... "I need to get better at Pull Ups... Muscle Ups... Ring Dips...etc." I am in the process of preparing for the CrossFit Gymnastics coaching certification and I came across something in my reading that is just too good not to share! The manual breaks down a very simple template for addressing specific weaknesses called the "Cube Method." This template provides a basic outline for improving skills by adding three supplemental workouts each week. Day 1 consists of High Volume, Moderate Intensity (HVMI), Day 2 Low Volume, Low Intensity (LV/LI), and Day 3 Low Volume, High Intensity (LVHI).

You can apply the template based on an individual skill or multiple ones at one time. For instance, someone who wanted to improve pull ups may try:

Day 1: (HVMI) 5x5 Strict Pull Ups

Day 2: (LVLI) 10-15 minutes of hollow/arch drills

Day 3: (LVHI) Work to a heavy single weighted pull up

Someone who wants to work on more than one skill (Muscle Ups, Pistols, Ring Dips) may try:

Week 1

Day 1: (HVMI) 3 max sets U/B muscle ups

Day 2: (LVLI) 10-15 minutes Pistol drills (box, band, rolling, etc.)

Day 3: (LVHI) 5x5 Strict Ring Dips

Week 1

Day 1: (LVLI) 10-15 minutes muscle up transition, arch/hollow swings on rings

Day 2: (LVHI) 3x5 Weighted Pistol (Vest, DB, KB)

Day 3: (HVMI) 10 minute EMOM 2-5 Ring Dips (pick a number that is challenging, but you can complete)

Week 1

Day 1: (LVHI) 5x3 Strict Muscle Up

Day 2: (HVMI) 5x10 Pistol

Day 3: (LVLI) 3x5 Weighted Ring Dip

Of course you can scale this based on ability. For instance if you do not have a regular pull up, you may choose to work to the lowest possible band rather than doing a weighted pull up that day. This template can be applied to everything from our most basic skills like pushups and pull ups to more intermediate and advanced-level skills like muscle ups. I would offer three more keys to successful implementation: 1) **Brilliance in the Basics** - master basic skills before moving to more advanced ones 2) **Work on strict variations first** - build the basic strength first and 3) **Consistency** - do a little every week.

Good luck!



## Ask Coach

by Ryan Miller

**Q: Why can't I do a muscle up?**

**A:** You are either not strong enough, not technical enough, or both.

**Q: How do I get a muscle up?**

**A:** This is a lot better question! Work on your strength and then your technique. Way too many people try to put the proverbial "cart" before the "horse" with muscle ups. In my opinion, you **NEED TO** have the strength to do about 10-15 unassisted pull ups and 10-15 ring dips before you really start messing around with muscle ups on high rings. That said, I see way too many people playing around on the high rings before they should be. Hope is not a course of action. I have not seen that strategy work successfully yet. But I've only been doing this for about seven years... I'm sure it *could* happen and that one person without the ability to pull or dip their bodyweight could do it. And you say, "But coach... you said you did progressions on low rings for a couple of weeks and got it... I triiiiiiiiied that." Here's the thing that people may miss... I did thousands of pull ups, pushups, and dips for about 10 years before I had ever even heard of a muscle up. In fact, I did those movements strict for a number of years before I ever got into CrossFit and started kipping. Maybe there is something to that.

**Q: So what progressions do you recommend?**

**A:** I did the simplest progression that I learned at my Level 1 Seminar before I did my first one in 2010. I simply started on my knees with a proper false grip and practiced transition about 30 times a day for about 7-10 days while we were out of town during the holidays. I put it into my warm up for a couple of weeks with no access to high rings (so no failures during that period). I came back, hopped on some high rings, and much to my surprise, pulled myself right up into a muscle up.

There were not 100 different video progressions online and this very simple approach worked for me. However, here are some of the ones that I really like: [Outlaw CrossFit](#), [Jason Khalipa](#), [Austin Malleolo](#), [Carl Paoli](#).

Check out the article on the Cube method for CrossFit gymnastics in this issue for some more programming ideas.

**Q: Should I learn a muscle up with a false grip? I notice most of the top CrossFitters don't use false grip.**

**A:** YES!!! False grip shortens your lever and puts your hand in the optimum position to transition from the pull to the push on the rings. I think it's a little easier to get with a false grip and then you can transition away from false grip later once you have a feel for the movement.



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# April 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Chris Patterson	30	31 Michelle Thomas	Apr. 1	Apr. 2 Rachel Wilson	Apr. 3 Michelle Penson	Apr. 4 <span style="color: green;">FREE Crossover Symmetry Clinic 11am (Strongpoint)</span>
5  Happy Easter	6 Sindy Meltzer	7	8 Beth Harkins	9 Jeff Kolby	10 Dana Zupki	11 <span style="color: green;">Dan Mozer Sweatfest III (FERRUM)</span>
12	13	14	15	16 Tammy Lalmansing	17	18  <span style="color: green;">Festivus 8am-5pm (Strongpoint) No Regular Classes</span>
19 Dennis Hughes	20	21	22	23	24	25
26	27	28	29	30	May 1	May 2